

20th Knee Knackering North Shore Trail Run

Saturday, July 12th, 2008 - 6:00 a.m.

Horseshoe Bay to Deep Cove - 30 miles

Final Place	Place in Gender	Place in Division	Bib No.	Final Time	Name of Competitor	ST1(7.5mi)			ST2(7.5mi)			End of ST2			ST3(7mi)			End of ST3			ST4(8mi)			Finish		
						Pos	Time	Pace mile	Pos	Time	Pace mile	Pos	Time	Pace mile	Pos	Time	Pace mile	Pos	Time	Pace mile	Pos	Time	Pace mile	Pos	Time	City, Prov/St
1	1/121	M	1/45	M40-49	176	4:53:26	Peter Findlay	2	1:22:59	11:04	2	1:02:40	8:22	2	2:25:39	1	1:07:57	9:43	2	3:33:36	2	1:19:50	9:59	1	4:53:26	Kamloops BC
2	2/121	M	1/40	M-39	149	4:57:46	Oliver Utting	3	1:23:46	11:11	4	1:06:22	8:51	3	2:30:08	2	1:11:16	10:11	3	3:41:24	1	1:16:22	9:33	2	4:57:46	Burnaby BC
3	3/121	M	2/40	M-39	120	4:59:01	Aaron Heitd	1	1:18:27	10:28	1	1:01:58	8:16	1	2:20:25	3	1:13:08	10:27	1	3:33:33	4	1:25:28	10:41	3	4:59:01	Squamish BC
4	4/121	M	3/40	M-39	121	5:18:59	Kertis Heidt	4	1:24:00	11:12	24	1:17:27	10:20	5	2:41:27	4	1:16:30	10:56	5	3:57:57	3	1:21:02	10:08	4	5:18:59	Port Coquitlam BC
5	5/121	M	4/40	M-39	111	5:25:05	Chris Downie	5	1:27:33	11:41	3	1:04:19	8:35	4	2:31:52	7	1:23:00	11:52	4	3:54:52	6	1:30:13	11:17	5	5:25:05	Vancouver BC
6	6/121	M	5/40	M-39	126	5:36:39	Vincent Johnson	7	1:32:52	12:23	6	1:10:09	9:22	6	2:43:01	5	1:20:31	11:31	6	4:03:32	8	1:33:07	11:39	6	5:36:39	Burnaby BC
7	7/121	M	6/40	M-39	102	5:38:02	Darin Bentley	8	1:33:00	12:24	7	1:11:04	9:29	7	2:44:04	8	1:24:25	12:04	7	4:08:29	5	1:29:33	11:12	7	5:38:02	Surrey BC
8	8/121	M	2/45	M40-49	202	5:47:14	Mike Palichuk	10	1:35:15	12:42	5	1:08:49	9:11	8	2:44:04	10	1:25:38	12:14	8	4:09:42	13	1:37:32	12:12	8	5:47:14	Langley BC
9	1/67	F	1/37	F-39	11	5:50:44	Nicola Gildersleeve	29	1:42:53	13:44	10	1:14:07	9:53	19	2:57:00	6	1:20:42	11:32	11	4:17:42	7	1:33:02	11:38	9	5:50:44	North Vancouver BC
10	9/121	M	7/40	M-39	109	5:51:49	Tom Craik	12	1:36:10	12:50	20	1:16:57	10:16	12	2:53:07	9	1:24:46	12:07	12	4:17:53	9	1:33:56	11:45	10	5:51:49	North Vancouver BC
11	10/121	M	8/40	M-39	106	5:54:58	Scott Comeau	6	1:32:32	12:21	8	1:12:16	9:39	9	2:44:48	18	1:30:30	12:56	9	4:15:18	20	1:39:40	12:28	11	5:54:58	North Vancouver BC
12	11/121	M	3/45	M40-49	211	5:57:34	Keith Wakelin	9	1:34:29	12:36	11	1:14:23	9:56	10	2:48:52	13	1:27:56	12:34	10	4:16:48	23	1:40:46	12:36	12	5:57:34	Courtenay BC
13	2/67	F	2/37	F-39	6	6:02:01	Mel Bos	23	1:41:30	13:32	21	1:17:03	10:17	21	2:58:33	11	1:26:35	12:23	14	4:25:08	11	1:36:53	12:07	13	6:02:01	Kelowna BC
14	12/121	M	9/40	M-39	136	6:02:42	Munro Duncan	11	1:35:15	12:42	15	1:16:18	10:11	11	2:51:33	12	1:26:58	12:26	13	4:18:31	34	1:44:11	13:02	14	6:02:42	Whistler BC
15	13/121	M	4/45	M40-49	166	6:03:24	Chris Benn	14	1:37:10	12:58	31	1:18:39	10:30	15	2:55:49	14	1:29:19	12:46	15	4:25:08	16	1:38:16	12:17	15	6:03:24	Vancouver BC
16	14/121	M	5/45	M40-49	175	6:04:10	Bill Dagg	16	1:39:32	13:17	19	1:16:41	10:14	16	2:56:13	15	1:29:27	12:47	16	4:25:40	18	1:38:30	12:19	16	6:04:10	Vancouver BC
17	15/121	M	10/40	M-39	148	6:09:32	Jeff Trigg	35	1:44:30	13:56	17	1:16:33	10:13	26	3:01:03	17	1:30:02	12:52	20	4:31:05	17	1:38:27	12:19	17	6:09:32	Vancouver BC
18	16/121	M	6/45	M40-49	215	6:13:37	Clarence Wiens	32	1:43:48	13:51	22	1:17:09	10:18	25	3:00:57	27	1:35:00	13:35	24	4:35:57	14	1:37:40	12:13	18	6:13:37	Chilliwack BC
19	17/121	M	1/27	M50-59	252	6:14:52	Walter Wallgram	15	1:38:20	13:07	30	1:18:38	10:30	18	2:56:58	22	1:32:19	13:12	17	4:29:17	36	1:45:35	13:12	19	6:14:52	Whistler BC
20	3/67	F	3/37	F-39	36	6:15:31	Natalie Stafl	43	1:46:00	14:08	34	1:18:53	10:32	35	3:04:53	16	1:29:52	12:51	23	4:34:45	24	1:40:46	12:36	20	6:15:31	Vancouver BC
21	4/67	F	1/18	F40-49	70	6:16:25	Susan Reynolds	24	1:41:37	13:33	60	1:25:45	11:26	43	3:07:22	20	1:31:43	13:07	32	4:39:05	12	1:37:20	12:10	21	6:16:25	Vancouver BC
22	18/121	M	11/40	M-39	122	6:17:12	Julien Henley	13	1:36:40	12:54	16	1:16:29	10:12	13	2:53:09	38	1:37:26	13:56	18	4:30:35	44	1:46:37	13:20	22	6:17:12	North Vancouver BC
23	5/67	F	4/37	F-39	7	6:17:45	Sasha Brown	38	1:44:52	13:59	39	1:19:42	10:38	33	3:04:34	23	1:32:33	13:14	26	4:37:07	21	1:40:38	12:35	23	6:17:45	Vancouver BC
24	19/121	M	12/40	M-39	150	6:17:45	Peter Watson	50	1:46:53	14:16	26	1:18:00	10:24	36	3:04:53	21	1:32:06	13:10	25	4:36:59	25	1:40:46	12:36	24	6:17:45	North Vancouver BC
25	6/67	F	5/37	F-39	41	6:18:25	Jacquie Trudeau	52	1:47:13	14:18	43	1:20:40	10:46	46	3:07:53	19	1:31:01	13:01	31	4:38:54	19	1:39:31	12:27	25	6:18:25	Vancouver BC
26	20/121	M	2/27	M50-59	236	6:22:32	Andy Jones-Cox	22	1:41:25	13:32	27	1:18:03	10:25	23	2:59:28	26	1:34:51	13:33	22	4:34:19	53	1:48:13	13:32	26	6:22:32	North Vancouver BC
27	21/121	M	7/45	M40-49	181	6:23:23	Rod Hatfull	60	1:49:00	14:32	12	1:14:43	9:58	32	3:03:43	24	1:34:03	13:27	27	4:37:46	37	1:45:37	13:13	27	6:23:23	North Vancouver BC
28	22/121	M	8/45	M40-49	213	6:23:23	Michael Wardas	40	1:45:26	14:04	23	1:17:09	10:18	30	3:02:35	28	1:35:11	13:36	28	4:37:46	38	1:45:37	13:13	28	6:23:23	North Vancouver BC
29	23/121	M	13/40	M-39	105	6:23:48	Tim Cole	18	1:40:29	13:24	9	1:13:42	9:50	14	2:54:11	34	1:36:27	13:47	19	4:30:38	72	1:53:10	14:09	29	6:23:48	Lac Le Jeune BC
30	24/121	M	14/40	M-39	140	6:24:03	Stefan Plettner	37	1:44:48	13:59	13	1:15:23	10:04	24	3:00:11	41	1:37:49	13:59	29	4:38:00	41	1:46:03	13:16	30	6:24:03	North Vancouver BC
31	7/67	F	6/37	F-39	2	6:24:08	Lina Augaitis	39	1:44:59	14:00	49	1:22:34	11:01	44	3:07:33	25	1:34:37	13:31	35	4:42:10	28	1:41:58	12:45	31	6:24:08	North Vancouver BC
32	25/121	M	15/40	M-39	153	6:24:18	Campbell Willis	67	1:52:40	15:02	40	1:19:48	10:39	55	3:12:28	39	1:37:43	13:58	47	4:50:11	10	1:34:07	11:46	32	6:24:18	Vancouver BC
33	8/67	F	7/37	F-39	18	6:24:49	Marieve Legrand	20	1:40:54	13:28	18	1:16:36	10:13	20	2:57:30	52	1:40:58	14:26	30	4:38:28	42	1:46:21	13:18	33	6:24:49	North Vancouver BC
34	26/121	M	16/40	M-39	127	6:27:28	Phil Johnston	42	1:45:47	14:07	36	1:19:09	10:34	37	3:04:56	43	1:38:26	14:04	39	4:43:22	33	1:44:06	13:01	34	6:27:28	Vancouver BC
35	27/121	M	1/9	M60+	269	6:27:42	Jim Swadling	19	1:40:35	13:25	14	1:15:52	10:07	17	2:56:27	32	1:36:10	13:45	21	4:32:37	77	1:55:05	14:24	35	6:27:42	North Vancouver BC
36	9/67	F	1/2	F60+	95	6:29:05	Marcia Boulanger	51	1:47:07	14:17	57	1:24:48	11:19	53	3:11:55	33	1:36:10	13:45	43	4:48:05	26	1:41:00	12:38	36	6:29:05	Chilliwack BC
37	10/67	F	8/37	F-39	21	6:29:10	Janet Lun	30	1:43:02	13:45	37	1:19:10	10:34	29	3:02:12	36	1:37:05	13:53	33	4:39:17	60	1:49:53	13:45	37	6:29:10	North Vancouver BC
38	11/67	F	9/37	F-39	35	6:30:03	Brooke Spence	41	1:45:37	14:05	41	1:19:52	10:39	40	3:05:29	40	1:37:46	13:58	37	4:43:15	46	1:46:48	13:21	38	6:30:03	North Vancouver BC
39	28/121	M	17/40	M-39	119	6:30:12	Daryl Harrison	27	1:42:32	13:41	35	1:18:54	10:32	27	3:01:26	47	1:40:03	14:18	34	4:41:29	55	1:48:43	13:36	39	6:30:12	North Vancouver BC
40	29/121	M	9/45	M40-49	172	6:30:27	Barry Chilibeck	62	1:49:40	14:38	29	1:18:31	10:29	47	3:08:11	49	1:40:44	14:24	44	4:48:55	27	1:41:32	12:42	40	6:30:27	North Vancouver BC
41	30/121	M	10/45	M40-49	205	6:33:38	Randy Rankin	73	1:53:24	15:08	66	1:26:00	11:28	67	3:19:24	31	1:36:04	13:44	57	4:55:28	15	1:38:10	12:17	41	6:33:38	Maple Ridge BC
42	31/121	M	18/40	M-39	142	6:34:02	Derek Ray	49	1:46:45	14:14	50	1:22:36	11:01	49	3:09:21	50	1:40:50	14:25	48	4:50:11	32	1:43:51	12:59	42	6:34:02	Vancouver BC
43	32/121	M	11/45	M40-49	162	6:34:28	Russ Angrignon	36	1:44:41	13:58	42	1:19:55	10:40	34	3:04:36	60	1:43:20	14:46	42	4:47:56	43	1:46:32	13:19	43	6:34:28	Squamish BC
44	33/121	M	12/45	M40-49	206	6:35:22	Rob Ruff	68	1:52:40	15:02	44	1:21:15	10:50	57	3:13:55	29	1:35:40	13:40	45	4:49:35	40	1:45:47	13:14	44	6:35:22	Surrey BC
45	12/67	F	2/18	F40-49	71	6:36:48	Michelle Steel	54	1:47:55	14:24	58	1:25:30	11:24	56	3:13:25	44	1:39:33	14:14	53	4:52:58	31	1:43:50	12:59	45	6:36:48	Ladysmith BC
46	34/121	M	19/40	M-39	124	6:39:09	Eric Hunter	17	1:40:27	13:24	28	1:18:25	10:28	22	2:58:52	62	1:43:43	14:49	36	4:42:35	81	1:56:34	14:35	46	6:39:09	Vancouver BC
47	13/67	F	10/37	F-39	25	6:39:28	Catherine O'Neill	61	1:49:03	14:33	59	1:25:31	11:25	58	3:14:34	37	1:37:07	13:53	50	4:51:41	51	1:47:47	13:29	47	6:39:2	

67	49/121	M	20/45	M40-49	161	6:58:03	Neil Ambrose	123	2:04:27	16:36	53	1:24:16	11:15	89	3:28:43	61	1:43:34	14:48	79	5:12:17	39	1:45:46	13:14	67	6:58:03	Maple Ridge BC
68	50/121	M	25/40	M-39	133	6:58:20	John McGrath	66	1:52:05	14:57	74	1:28:10	11:46	69	3:20:15	83	1:50:18	15:46	76	5:10:33	52	1:47:47	13:29	68	6:58:20	North Vancouver BC
69	19/67	F	5/18	F40-49	66	6:58:32	Kathleen Nomura	114	2:03:14	16:26	88	1:30:19	12:03	99	3:33:33	56	1:42:35	14:40	81	5:16:08	29	1:42:24	12:48	69	6:58:32	Burnaby BC
70	51/121	M	21/45	M40-49	160	6:58:50	Jonathan Adkins	79	1:53:48	15:11	65	1:25:58	11:28	68	3:19:46	59	1:43:01	14:43	64	5:02:47	79	1:56:03	14:31	70	6:58:50	North Vancouver BC
71	20/67	F	14/37	F-39	34	6:59:37	Ether Speck	92	1:57:13	15:38	85	1:30:07	12:01	83	3:27:20	57	1:42:44	14:41	75	5:10:04	58	1:49:33	13:42	71	6:59:37	Vancouver BC
72	21/67	F	15/37	F-39	24	6:59:37	Charlotte Olson	72	1:53:21	15:07	75	1:28:15	11:46	73	3:21:36	74	1:46:01	15:09	70	5:07:37	68	1:52:00	14:00	72	6:59:37	North Vancouver BC
73	22/67	F	16/37	F-39	43	7:00:58	Rene Unser	103	2:00:10	16:02	102	1:33:54	12:32	100	3:34:04	55	1:42:19	14:37	82	5:16:23	35	1:44:35	13:05	73	7:00:58	Kelowna BC
74	52/121	M	22/45	M40-49	208	7:01:09	Patrick Thrift	34	1:44:20	13:55	38	1:19:20	10:35	31	3:03:40	48	1:40:30	14:22	40	4:44:10	145	2:16:59	17:08	74	7:01:09	North Vancouver BC
75	53/121	M	23/45	M40-49	174	7:01:36	Paul Cubbon	111	2:02:37	16:21	62	1:25:46	11:27	88	3:28:23	35	1:36:39	13:49	67	5:05:02	82	1:56:34	14:35	75	7:01:36	North Vancouver BC
76	54/121	M	26/40	M-39	117	7:02:20	Chris Gauvin	71	1:53:04	15:05	61	1:25:45	11:26	66	3:18:49	82	1:49:59	15:43	71	5:08:48	73	1:53:32	14:12	76	7:02:20	Surrey BC
77	23/67	F	1/10	F50-59	81	7:05:45	Pushpa Chandra	91	1:57:07	15:37	87	1:30:15	12:02	85	3:27:22	64	1:44:15	14:54	78	5:11:37	75	1:54:08	14:16	77	7:05:45	Vancouver BC
78	55/121	M	4/27	M50-59	250	7:06:40	Wouter Van Essen	48	1:46:38	14:14	78	1:28:54	11:52	59	3:15:32	85	1:50:40	15:49	69	5:06:12	97	2:00:28	15:04	78	7:06:40	Mississauga ON
79	56/121	M	24/45	M40-49	170	7:07:32	Terry Bushnell	31	1:43:22	13:47	32	1:18:43	10:30	28	3:02:05	89	1:51:13	15:54	55	4:53:18	137	2:14:14	16:47	79	7:07:32	Vancouver BC
80	57/121	M	5/27	M50-59	226	7:08:59	Bernie Brandt	70	1:53:00	15:04	86	1:30:09	12:02	78	3:23:09	78	1:47:54	15:25	77	5:11:03	88	1:57:56	14:45	80	7:08:59	Surrey BC
81	58/121	M	27/40	M-39	104	7:09:56	Russ Chore	85	1:55:52	15:27	69	1:27:10	11:38	76	3:23:02	71	1:45:48	15:07	73	5:08:50	100	2:01:06	15:09	81	7:09:56	North Vancouver BC
82	59/121	M	28/40	M-39	138	7:10:47	Geoffrey Palmer	138	2:06:50	16:55	93	1:32:39	12:22	117	3:39:29	79	1:47:55	15:25	98	5:27:24	30	1:43:23	12:56	82	7:10:47	Coquitlam BC
83	60/121	M	25/45	M40-49	167	7:12:12	Monty Bennett	96	1:58:29	15:48	105	1:34:20	12:35	96	3:32:49	66	1:44:28	14:56	86	5:17:17	76	1:54:55	14:22	83	7:12:12	North Vancouver BC
84	61/121	M	26/45	M40-49	185	7:14:02	Dennis Janzen	65	1:50:45	14:46	125	1:38:39	13:10	90	3:29:24	96	1:52:41	16:06	91	5:22:05	67	1:51:57	14:00	84	7:14:02	Vancouver BC
85	24/67	F	17/37	F-39	37	7:15:10	Karen Stark	69	1:52:55	15:04	92	1:32:11	12:18	82	3:25:06	91	1:51:36	15:57	83	5:16:42	90	1:58:28	14:49	85	7:15:10	Vancouver BC
86	25/67	F	18/37	F-39	33	7:15:39	Nancy Schuster	118	2:03:40	16:30	106	1:34:30	12:36	111	3:38:10	70	1:45:33	15:05	94	5:23:43	66	1:51:56	14:00	86	7:15:39	North Vancouver BC
87	62/121	M	27/45	M40-49	163	7:17:29	Loger Aure	89	1:56:49	15:35	118	1:36:17	12:51	97	3:33:06	76	1:46:59	15:17	90	5:20:05	86	1:57:24	14:41	87	7:17:29	Vancouver BC
88	63/121	M	29/40	M-39	137	7:18:37	Leonard Nelson	80	1:54:08	15:14	89	1:30:40	12:06	81	3:24:48	100	1:53:39	16:15	87	5:18:27	95	2:00:10	15:02	88	7:18:37	Vancouver BC
89	26/67	F	6/18	F40-49	50	7:19:25	Wendy-Sue Andrew	108	2:00:30	16:04	116	1:35:49	12:47	105	3:36:19	75	1:46:37	15:14	92	5:22:56	80	1:56:29	14:34	89	7:19:25	Victoria BC
90	64/121	M	6/27	M50-59	243	7:21:33	Mike Mcgee	58	1:48:46	14:31	91	1:31:53	12:16	70	3:20:39	99	1:53:36	16:14	80	5:14:15	117	2:07:18	15:55	90	7:21:33	Surrey BC
91	65/121	M	7/27	M50-59	249	7:24:56	Mark Swanson	162	2:11:32	17:33	113	1:35:27	12:44	132	3:46:59	81	1:48:33	15:31	116	5:35:32	57	1:49:24	13:41	91	7:24:56	Redding CA
92	66/121	M	8/27	M50-59	222	7:25:24	Rick Arikado	83	1:55:40	15:26	117	1:35:59	12:48	91	3:31:39	109	1:56:25	16:38	99	5:28:04	85	1:57:20	14:40	92	7:25:24	Vancouver BC
93	27/67	F	19/37	F-39	5	7:26:01	Jacqueline Boffey	94	1:58:15	15:46	104	1:34:12	12:34	93	3:32:27	87	1:51:03	15:52	93	5:23:30	103	2:02:31	15:19	93	7:26:01	Vancouver BC
94	67/121	M	3/9	M60+	270	7:26:12	Neil Wakelin	98	1:58:37	15:49	81	1:29:12	11:56	87	3:28:03	88	1:51:06	15:53	88	5:19:09	114	2:07:03	15:53	94	7:26:12	North Vancouver BC
95	68/121	M	30/40	M-39	145	7:26:53	Keith Sharman	82	1:55:13	15:22	73	1:28:05	11:45	79	3:23:18	110	1:56:36	16:40	89	5:19:54	112	2:06:59	15:53	95	7:26:53	West Vancouver BC
96	69/121	M	31/40	M-39	152	7:28:05	Monty Watts	84	1:55:47	15:27	67	1:26:30	11:32	74	3:22:17	104	1:54:29	16:22	85	5:16:46	128	2:11:19	16:25	96	7:28:05	North Vancouver BC
97	70/121	M	32/40	M-39	151	7:28:05	Jurgen Watts	86	1:56:08	15:30	68	1:26:44	11:34	75	3:22:52	101	1:53:52	16:16	84	5:16:44	129	2:11:21	16:26	97	7:28:05	North Vancouver BC
98	28/67	F	7/18	F40-49	61	7:28:30	Penny Jakobsen	117	2:03:25	16:28	97	1:32:57	12:24	106	3:36:22	103	1:53:57	16:17	102	5:30:19	89	1:58:11	14:47	98	7:28:30	North Vancouver BC
99	29/67	F	8/18	F40-49	73	7:28:30	Ann Taylor	105	2:00:19	16:03	121	1:37:23	13:00	110	3:37:42	84	1:50:37	15:49	100	5:28:19	96	2:00:11	15:02	99	7:28:30	North Vancouver BC
100	71/121	M	28/45	M40-49	168	7:28:37	Dave Berg	81	1:54:29	15:16	95	1:32:51	12:23	84	3:27:20	127	2:01:44	17:24	101	5:29:04	92	1:59:33	14:57	100	7:28:37	Burnaby BC
101	72/121	M	9/27	M50-59	253	7:30:26	Frank Wille	151	2:07:36	17:01	90	1:31:25	12:12	112	3:39:01	90	1:51:22	15:55	103	5:30:23	94	2:00:03	15:01	101	7:30:26	Victoria BC
102	30/67	F	2/10	F50-59	82	7:30:34	Bitsy Delany	127	2:05:11	16:42	107	1:34:50	12:39	119	3:40:01	102	1:53:54	16:17	111	5:33:55	83	1:56:39	14:35	102	7:30:34	North Vancouver BC
103	73/121	M	10/27	M50-59	251	7:30:57	Brian Van Oene	139	2:06:50	16:55	64	1:25:57	11:28	95	3:32:47	97	1:52:41	16:06	97	5:25:28	106	2:05:29	15:42	103	7:30:57	Kelowna BC
104	74/121	M	4/9	M60+	265	7:31:11	Gottfried Grosser	112	2:02:43	16:22	127	1:39:02	13:13	123	3:41:45	93	1:51:50	15:59	109	5:33:35	87	1:57:36	14:42	104	7:31:11	North Vancouver BC
105	31/67	F	20/37	F-39	27	7:32:05	Jessica Palmer	93	1:57:20	15:39	108	1:34:52	12:39	92	3:32:12	92	1:51:40	15:58	95	5:23:52	121	2:08:13	16:02	105	7:32:05	North Vancouver BC
106	75/121	M	29/45	M40-49	203	7:32:33	Sukhbir Pawa	87	1:56:32	15:33	120	1:36:48	12:55	98	3:33:20	121	2:00:29	17:13	110	5:33:49	91	1:58:44	14:51	106	7:32:33	Vancouver BC
107	76/121	M	30/45	M40-49	182	7:32:37	Jim Helten	99	1:58:47	15:51	103	1:33:54	12:32	94	3:32:41	117	1:58:52	16:59	107	5:31:33	99	2:01:04	15:08	107	7:32:37	Vancouver BC
108	77/121	M	31/45	M40-49	169	7:34:07	Clive Boness	113	2:02:49	16:23	100	1:33:47	12:31	107	3:36:36	111	1:56:45	16:41	108	5:33:21	98	2:00:46	15:06	108	7:34:07	North Vancouver BC
109	32/67	F	3/10	F50-59	83	7:34:21	Susan Giuffre	100	1:59:30	15:56	132	1:39:54	13:20	115	3:39:24	106	1:55:17	16:29	114	5:34:41	93	1:59:40	14:58	109	7:34:21	North Vancouver BC
110	78/121	M	33/40	M-39	125	7:36:34	Keith Iwasaki	109	2:00:35	16:05	124	1:38:26	13:08	113	3:39:01	105	1:55:08	16:27	112	5:34:09	102	2:02:25	15:19	110	7:36:34	Vancouver BC
111	33/67	F	21/37	F-39	12	7:38:00	Stacy Gorkoff	104	2:00:12	16:02	126	1:39:00	13:12	114	3:39:12	112	1:57:23	16:47	117	5:36:35	101	2:01:25	15:11	111	7:38:00	Vancouver BC
112	79/121	M	32/45	M40-49	192	7:38:12	Darren Lauscher	77	1:53:40	15:10	82	1:29:26	11:56	77	3:23:06	124	2:01:06	17:18	96	5:24:12	136	2:14:00	16:45	112	7:38:12	Vancouver BC
113	34/67	F	22/37	F-39	20	7:38:55	Phyllis Lum	124	2:04:27	16:36	115	1:35:34	12:45	120	3:40:01	86	1:50:47	15:50	105	5:30:48	120	2:08:07	16:01	113	7:38:55	North Vancouver BC
114	80/121	M	33/45	M40-49	193	7:42:38	Jamie Leigh	110	2:01:33	16:13	101	1:33:51	12:31	103	3:35:24											

137	93/121	M	36/40	M-39	135	8:14:09	Scott Merkley	106	2:00:20	16:03	119	1:36:38	12:54	108	3:36:58	157	2:10:51	18:42	125	5:47:49	163	2:26:20	18:18	137	8:14:09	North Vancouver	BC
138	45/67	F	30/37	F-39	39	8:15:52	Katherine Thomas	154	2:07:59	17:04	152	1:45:03	14:01	154	3:53:02	143	2:07:28	18:13	145	6:00:30	141	2:15:22	16:56	138	8:15:52	North Vancouver	BC
139	46/67	F	31/37	F-39	4	8:15:52	Susan Blackwood	153	2:07:56	17:04	153	1:45:06	14:01	155	3:53:02	144	2:07:28	18:13	146	6:00:30	142	2:15:22	16:56	139	8:15:52	Vancouver	BC
140	47/67	F	32/37	F-39	28	8:16:26	Amanda Pitre-hayes	120	2:03:53	16:32	148	1:44:06	13:53	138	3:47:59	130	2:03:03	17:35	130	5:51:02	161	2:25:24	18:11	140	8:16:26	Vancouver	BC
141	94/121	M	37/40	M-39	134	8:16:52	Angus McLellan	126	2:04:36	16:37	147	1:43:36	13:49	139	3:48:12	153	2:09:37	18:31	139	5:57:49	147	2:19:03	17:23	141	8:16:52	Vancouver	BC
142	95/121	M	18/27	M50-59	239	8:18:21	John Machray	136	2:06:30	16:52	133	1:40:40	13:26	133	3:47:10	155	2:09:41	18:32	138	5:56:51	154	2:21:30	17:42	142	8:18:21	North Vancouver	BC
143	48/67	F	10/18	F40-49	60	8:18:38	Sharon Hope	170	2:17:48	18:23	154	1:45:11	14:02	160	4:02:59	131	2:03:15	17:37	154	6:06:14	135	2:12:24	16:33	143	8:18:38	North Vancouver	BC
144	49/67	F	6/10	F50-59	84	8:19:33	Janet Green	155	2:09:07	17:13	143	1:42:55	13:44	151	3:52:02	140	2:06:26	18:04	141	5:58:28	152	2:21:05	17:39	144	8:19:33	Courtenay	BC
145	50/67	F	33/37	F-39	14	8:20:08	Barbara Hughes	150	2:07:34	17:01	130	1:39:42	13:18	134	3:47:16	137	2:05:16	17:54	131	5:52:32	166	2:27:36	18:27	145	8:20:08	Vancouver	BC
146	51/67	F	11/18	F40-49	53	8:20:08	Jennifer Brown	149	2:07:24	17:00	131	1:39:52	13:19	135	3:47:16	138	2:05:16	17:54	132	5:52:32	167	2:27:36	18:27	146	8:20:08	Vancouver	BC
147	96/121	M	38/40	M-39	108	8:24:12	Andrew Corcoran	95	1:58:25	15:48	79	1:29:18	11:55	86	3:27:43	141	2:06:38	18:06	113	5:34:21	186	2:49:51	21:14	147	8:24:12	Kelowna	BC
148	97/121	M	37/45	M40-49	244	8:24:17	Dean Mcmillen	167	2:17:08	18:18	163	1:49:32	14:37	162	4:06:40	139	2:06:07	18:01	156	6:12:47	132	2:11:30	16:27	148	8:24:17	Penticton	BC
149	98/121	M	38/45	M40-49	214	8:24:32	Kevin Watts	102	2:00:09	16:02	128	1:39:22	13:15	118	3:39:31	172	2:19:57	20:00	143	5:59:28	159	2:25:04	18:08	149	8:24:32	Maple Ridge	BC
150	52/67	F	12/18	F40-49	52	8:24:59	Kathryn Banks	130	2:05:45	16:46	150	1:44:32	13:57	148	3:50:17	167	2:15:12	19:19	153	6:05:29	148	2:19:30	17:27	150	8:24:59	Vancouver	BC
151	99/121	M	5/9	M60+	264	8:25:04	Jon Fleming	172	2:18:51	18:31	139	1:41:53	13:36	157	4:00:44	162	2:13:15	19:03	157	6:13:59	126	2:11:05	16:24	151	8:25:04	Vancouver	BC
152	100/121	M	39/45	M40-49	180	8:25:59	Al Harman	147	2:07:06	16:57	122	1:37:38	13:02	130	3:44:44	171	2:18:31	19:48	150	6:03:15	155	2:22:44	17:51	152	8:25:59	West Vancouver	BC
153	101/121	M	40/45	M40-49	164	8:27:53	John Barron	76	1:53:38	15:10	134	1:40:44	13:26	101	3:34:22	184	2:27:12	21:02	147	6:01:34	162	2:26:19	18:18	153	8:27:53	Duncan	BC
154	102/121	M	19/27	M50-59	220	8:30:27	Mike Ackerfeldt	166	2:15:08	18:02	158	1:47:26	14:20	158	4:02:34	125	2:07:16	17:18	152	6:03:40	164	2:26:47	18:21	154	8:30:27	North Vancouver	BC
155	103/121	M	41/45	M40-49	199	8:31:07	Craig Moore	175	2:21:10	18:50	157	1:47:22	14:19	164	4:08:32	113	1:57:56	16:51	155	6:06:28	157	2:24:39	18:05	155	8:31:07	North Vancouver	BC
156	53/67	F	34/37	F-39	9	8:31:30	Marianne Chang	185	2:26:30	19:32	164	1:49:51	14:39	170	4:16:21	142	2:07:22	18:12	163	6:23:43	119	2:07:47	15:59	156	8:31:30	Vancouver	BC
157	104/121	M	20/27	M50-59	221	8:32:32	Ron Adams	107	2:00:23	16:04	162	1:49:10	14:34	141	3:49:33	159	2:12:01	18:52	148	6:21:34	174	2:30:58	18:53	157	8:32:32	North Vancouver	BC
158	54/67	F	13/18	F40-49	74	8:34:51	Marla Weinheimer	184	2:25:06	19:21	169	1:51:58	14:56	171	4:17:04	160	2:12:04	18:52	169	6:09:08	107	2:05:43	15:43	158	8:34:51	Maple Ridge	BC
159	55/67	F	7/10	F50-59	87	8:40:13	Janice Makarewicz	181	2:24:03	19:13	165	1:50:42	14:46	168	4:14:45	154	2:09:39	18:32	164	6:24:24	143	2:15:49	16:59	159	8:40:13	Kelowna	BC
160	105/121	M	6/9	M60+	260	8:41:03	David Brown	178	2:22:55	19:04	179	2:00:04	16:01	177	4:22:59	148	2:08:01	18:18	172	6:31:00	125	2:10:13	16:16	160	8:41:03	West Vancouver	BC
161	56/67	F	14/18	F40-49	72	8:41:40	Stephanie Swaisland	182	2:24:35	19:17	170	1:53:05	15:05	173	4:17:40	156	2:09:43	18:32	166	6:27:23	138	2:14:07	16:48	161	8:41:40	Kelowna	BC
162	106/121	M	39/40	M-39	129	8:43:42	Doug Keir	158	2:09:43	17:18	144	1:43:00	13:44	153	3:52:43	151	2:08:56	18:26	149	6:01:39	183	2:42:03	20:16	162	8:43:42	North Vancouver	BC
163	107/121	M	42/45	M40-49	210	8:43:44	Brad Trigg	177	2:22:35	19:01	155	1:45:22	14:03	163	4:07:57	166	2:14:24	19:12	162	6:22:21	153	2:21:23	17:41	163	8:43:44	Vancouver	BC
164	57/67	F	8/10	F50-59	85	8:47:41	Kathy Hachey	173	2:19:06	18:33	172	1:55:02	15:21	166	4:14:08	168	2:15:14	19:20	170	6:29:22	146	2:18:19	17:18	164	8:47:41	Coquitlam	BC
165	58/67	F	15/18	F40-49	63	8:50:54	Lesley-Ann Marriottt	165	2:13:22	17:47	193	2:19:31	18:37	183	4:32:53	132	2:03:16	17:37	177	6:36:09	139	2:14:45	16:51	165	8:50:54	Vancouver	BC
166	108/121	M	21/27	M50-59	240	8:52:23	Doug Mackay	156	2:09:08	17:14	166	1:50:44	14:46	156	3:59:52	170	2:17:52	19:42	160	6:17:44	175	2:34:39	19:20	166	8:52:23	North Vancouver	BC
167	109/121	M	22/27	M50-59	224	8:54:02	Gilles Barbeau	193	2:34:17	20:35	161	1:49:07	14:33	178	4:23:24	145	2:07:36	18:14	173	6:31:00	156	2:23:02	17:53	167	8:54:02	Vancouver	BC
168	59/67	F	35/37	F-39	16	8:54:28	Heather Jackson	144	2:06:50	16:55	110	1:35:10	12:42	125	3:42:00	188	2:32:51	21:51	159	6:14:51	180	2:39:37	19:58	168	8:54:28	Vancouver	BC
169	60/67	F	9/10	F50-59	92	8:56:18	Lori Wong	176	2:21:13	18:50	177	1:58:19	15:47	175	4:19:32	146	2:07:42	18:15	165	6:27:14	170	2:29:04	18:38	169	8:56:18	Vancouver	BC
170	61/67	F	36/37	F-39	26	8:56:44	Victoria Page	194	2:35:40	20:46	160	1:48:02	14:25	179	4:23:42	147	2:07:53	18:17	175	6:31:35	160	2:25:09	18:09	170	8:56:44	Lions Bay	BC
171	62/67	F	37/37	F-39	40	8:57:53	Tiffany Townsend	179	2:22:55	19:04	174	1:56:15	15:30	174	4:19:10	165	2:14:01	19:09	176	6:33:11	158	2:24:42	18:06	171	8:57:53	Vancouver	BC
172	63/67	F	10/10	F50-59	86	8:58:57	Judy Kindrachuk	174	2:21:07	18:49	171	1:53:59	15:12	169	4:15:06	164	2:13:58	19:09	168	6:29:04	171	2:29:53	18:45	172	8:58:57	North Vancouver	BC
173	64/67	F	16/18	F40-49	68	9:08:13	Margaret Paxton	180	2:24:00	19:12	180	2:01:50	16:15	180	4:25:50	163	2:13:51	19:08	178	6:39:41	169	2:28:32	18:34	173	9:08:13	Garibaldi Highlands	BC
174	110/121	M	43/45	M40-49	173	9:08:38	Ken Coopland	168	2:17:15	18:18	159	1:47:32	14:21	161	4:04:47	176	2:22:42	20:24	167	6:27:29	182	2:41:09	20:09	174	9:08:38	North Vancouver	BC
175	111/121	M	44/45	M40-49	191	9:10:53	Scott Krell	132	2:06:06	16:49	151	1:44:54	14:00	149	3:51:00	186	2:29:49	21:25	161	6:20:49	187	2:50:04	21:16	175	9:10:53	Snohomish	WA
176	112/121	M	40/40	M-39	132	9:16:22	Baldwin Lee	171	2:18:06	18:25	173	1:55:22	15:23	165	4:13:28	169	2:16:42	19:32	171	6:30:10	185	2:46:12	20:47	176	9:16:22	Burnaby	BC
177	65/67	F	2/2	F60+	96	9:16:37	Toni Crockett	183	2:24:46	19:19	176	1:58:02	15:45	176	4:22:48	179	2:23:43	20:32	181	6:46:31	173	2:30:06	18:46	177	9:16:37	Kelowna	BC
178	113/121	M	23/27	M50-59	241	9:21:33	Jon Mahoney	159	2:10:02	17:21	197	2:45:52	22:07	192	4:55:54	136	2:05:11	17:53	187	7:01:05	150	2:20:28	17:34	178	9:21:33	Vernon	BC
179	114/121	M	24/27	M50-59	242	9:24:36	Stuart Mcdonald	186	2:27:04	19:37	187	2:03:45	16:30	181	4:30:49	180	2:23:45	20:33	182	6:54:34	172	2:30:02	18:46	179	9:24:36	Tsawwassen	BC
180	115/121	M	25/27	M50-59	246	9:26:17	Bruce Rennay	169	2:17:42	18:22	175	1:56:30	15:32	167	4:14:12	182	2:25:54	20:51	179	6:40:06	184	2:46:11	20:47	180	9:26:17	North Vancouver	BC
181	116/121	M	45/45	M40-49	178	9:27:56	Ken Greenaway	195	2:36:42	20:54	181	2:01:52	16:15	189	4:38:34	175	2:22:35	20:23	188	7:01:09	165	2:26:47	18:21	181	9:27:56	Vancouver	BC
182	66/67	F	17/18	F40-49	59	9:27:56	Francine Hong	196	2:36:42	20:54	178	1:59:29	15:56	188	4:36:11	181	2:23:46	20:33	186								